

Go to Your Room!

Stress, Anger, and Children

Steps on the Path to Forgiveness

1. Bring the unconscious to light

Why is this person doing this to me? What does their behavior mean?

2. Find the logical flaws

Usually, our unconscious beliefs are based on faulty data.

3. Choose a different belief

The Truth is subjective. Be sure to frame your new belief positively.

4. Repeat

Say your new belief out loud 50 times. Be ready for the behavior to happen again, so you can consciously use the new belief to forgive the person.

Discipline That Doesn't Hurt

1. Express your objections to inappropriate behaviors assertively

When you...I felt...because....

2. Try Random Encouragement of the behavior that you want

Thanks for...I'm looking forward to...It really helps me out when you...

3. Use "Until You're Ready" consequences

What works is not the severity of the punishment, but the choice to behave appropriately

4. Remember: Discipline doesn't have to hurt, it just has to work!

Book List

- *Punished by Rewards*, Alfie Kohn
- *Beating the Devil Out of Them*, Murray Straus
- *Raising a Responsible Child*, Don Dinkmeyer and Gary McKay
- *Anger, the Misunderstood Emotion*, Carol Tavris
- *Molecules of Emotion: Why You Feel The Way You Feel*, Candace Pert
- *Why They Kill: The Discoveries of a Maverick Criminologist*, Richard Rhodes
- *How to Talk So Kids Will Listen and Listen So Kids Will Talk*, Faber and Mazlish
- *I'm Okay, You're Okay*, Thomas Harris, M.D.
- *When I Say No I Feel Guilty*, Manuel Smith

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Workshops for Healthy Families

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